



June 27, 2025

**HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX,
JUNE 30-JULY 4**

'Tamron Hall' Tackles Today's Meaningful and Important Topics — So Let's Talk About It

Below are highlights for "Tamron Hall" for the week of June 30, 2025. Please note: The lineup is subject to change.

Monday, June 30 (OAD: 1/17/25): My So Called Millennial Mid Life Crisis: Why are 30-something millennials saying they are already facing a midlife crisis? And why are their crises so different than previous generations? Bestselling author, founder of "Girls Who Code" and host of the podcast "My So Called Midlife" **RESHMA SAUJANI** and New York Times opinion writer **JESSICA GROSE** bring their insights, and meet millennials who are finding the "Granny Era" and "Homesteading" trend as solutions.

Tuesday, July 1 (OAD: 3/13/25): Bringing Down The House: A **DAYTIME EXCLUSIVE** with HGTV royalty — the reigning King and Queen of home renovations — **BEN & ERIN NAPIER** — behind the scenes of their hit show "Home Town Takeover"; the Tam Fam also goes inside their home for an exclusive look at their favorite room. And actress **SUSAN KELECHI WATSON** gives a sneak peek at the upcoming Shondaland show, "The Residence."

Wednesday, July 2 (OAD: 4/7/25): Social Media Debates: Wedding Edition: All hour long discussions about weddings and the viral debates they're sparking on social media. Debate referees, award-winning wedding officiant **ROBYN WALKER** and professional wedding planner **CASSIE HORREL** weigh in on trending debates, including proposing at a friend's wedding, kids at weddings, forcing the bridal party to pay for the bachelorette's trip and more.

Thursday, July 3 (OAD: 2/13/25): Love Week: Love Found Me: **EMMY®** Award-nominated actress **YVETTE NICOLE BROWN** sits down for an **EXCLUSIVE** conversation about her journey to the altar with her longtime friend, actor **TONY DAVIS**, who joins the show later. The newlyweds talk about finding love in their 50s and the challenges they've had to navigate. Plus, **DR. WHITNEY BOWE** shows the Tam Fam how to get kissable lips for Valentine's Day.

Friday, July 4 (OAD: 5/1/25): Tamron's Tasting Table: Recipes That Raised Me. From eggplant parm to orange-glazed sweet potato honey buns, there's a feast! Coming to the table — author and head judge of Bravo's "Top Chef" **TOM COLICCHIO**, **CHEF ROBLÉ ALI**, **MILLIE PEARTREE** and "RuPaul's Drag Race" **CARSON KRESSLEY** bring a special surprise for a lucky Tam Fam member.

“Tamron Hall” is distributed in national syndication by Disney Entertainment. Broadcast from New York City, the show is executive produced by Hall and Quiana Burns. The show broadcasts from New York City.

For times and channels, go to www.TamronHallShow.com and follow the show on social media @TamronHallShow.

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